

Make the most of Aetna Navigator,
your secure member website:
aetn navigator.com. Access online
health tools and resources:

- Health Assessment
- Discount Programs
- Health Information Tools
- Manage Claims
- View Coverage & Costs
- Member Payment Estimator
- Health Decision Support

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beat diabetes



FACT: 6,543 State of Delaware non-Medicare covered members (6.6%) have diabetes with a total annual cost of \$32.4 million



PREVENT IT

Excess weight and a non-active lifestyle increases the risk for developing type 2 diabetes. Lower your risk with lifestyle changes:

- Move more
- Lose weight
- Eat healthy
- Quit tobacco

Take advantage of the following resources at **no cost** to you:

- **Healthy Lifestyle Coaching (1-866-213-0153)**
This program provides online educational materials, web-based tools and telephonic coaching with a primary Aetna health coach.
- **Informed Health Line (1-800-556-1555)**
Do you have a health question? Aetna's nurses are available 24/7 via telephone to assist you. You can also email a nurse (through Aetna Navigator) who can send you links to health information.

MANAGE IT

Type 2 diabetes can have complications such as nerve, kidney and heart damage. If you are living with diabetes, it's important to make choices that keep you healthy:

- Eat right and be active
- Check your blood sugar (glucose)
- Take medicines (as prescribed by your doctor) and stay up to date on your doctor visits, screenings, exams and tests

Take advantage of the following resources at **no cost** to you:

- **Aetna Health Connections Disease Management (1-866-269-4500)**
Aetna's specially trained registered nurses can interact with your doctor's office and help you manage your diabetes, stay on track with your treatment and avoid trips to the hospital.
- **Diabetic Program (Offered Through Your Express Scripts Prescription Drug Plan)**
Diabetic supplies (lancets, test strips, syringes/needles) are provided at **no cost (\$0 copay)**. Multiple diabetic medications may be obtained for **just one copay**. For details on the Diabetic Program, visit **de.gov/statewidebenefits**.